

Clacton
Urban District Council



**ANNUAL REPORT
OF THE
MEDICAL OFFICER
OF HEALTH
FOR 1914.**



CLACTON-ON-SEA.

East Essex Printing Works, Limited, Oxford Road.
1915.

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TO THE CLACTON URBAN DISTRICT COUNCIL.

MR. CHAIRMAN AND GENTLEMEN,

It again becomes my pleasing duty to present to you my report for the last year of office, namely, 1914, of the sanitary state of the district under your care. The plan of the report is laid down by the Medical Officer of the Local Government Board.

A.—Natural and Social Conditions of the District.

(1.) PHYSICAL FEATURES AND GENERAL CHARACTER OF THE DISTRICT.—The original district was the old parish of Great Clacton, having an area of 4,069 acres, including land and inland water; it is now divided into three portions or Wards, which nearly correspond with the three ecclesiastical parishes as at present arranged. The northern portion, or North Ward, is the parish of St. John, then comes the parish of St. Paul, or East Ward, and the last portion is the parish of St. James, or the West Ward. The District stands on London clay, and this, in several parts crops up to the surface, and is interspersed with large pockets of gravel and sand. Clacton is favoured with a large amount of sunshine, and its rainfall is usually the smallest in England. The climate is dry, bracing, and cheerful, consequently, it is a place very suitable for invalids, especially such as suffer from any form of tuberculosis or nervous debility. Many of Clacton's present inhabitants came originally for health's sake.

(2.) POPULATION.—According to the census of 1911, the resident population was 9,777, embracing 2,168 families or separate occupiers, giving an average number of 4.50 persons per house. At the time the census is taken many houses are shut up in Clacton, hence it is very difficult to get at the correct population, but, in the season it approaches, or possibly reaches, 70,000. By the usual method of births and deaths at the middle of the year it stood at 9,929. Socially, the inhabitants are a good class, being London business men and their families, besides plenty of the working class, including seafaring men and fishermen, and the usual tradespeople in such a place. There are plenty of good shops, and there need be no difficulty in being supplied with anything required. I do not know the amount of Poor Law Relief, as Clacton is only a small portion of a large Union; a Cottage Hospital, very well catered for, affords relief to needy sufferers, while infectious cases are treated at the Isolation Hospital, residents free except that they pay their own doctor, and visitors at a small weekly charge. There is no occupation that has any injurious influence on the public health, which usually is of a high standard. A factory, started in the place about a year ago, gives employment to about fifty women, which is most useful in the time of winter.

B.—Sanitary Circumstances of the District.

(1.) **WATER SUPPLY.**—The water supply is pumped through a large main of iron pipes from the Council's own well at Great Bentley, about twelve miles off, and during last year an additional supply has been got from a deep bore at the Lamb Farm, St. Osyth, so as to supply St. Osyth and other parts of the Tendring Hundred, and this new supply is connected to the original main. The main is carried on to filter beds and reservoirs in the Town Yard at Clacton, from which it is again pumped to a large high tank for the supply of the town. The mains are well distributed about the town, and the water is laid on from them to all houses except a few outlying cottages and farmhouses, which are supplied from wells. I make an analysis of the water every month, taken by the Inspector promiscuously from all parts of the town, and the land is carefully watched against pollution. There is telephonic communication between the Manager's office and the works and the pumping stations.

(2.) **RIVERS AND STREAMS.**—There is only one small stream passing through the district, which receives no drainage in the district, but doubtless does higher up in its course.

(3.) **DRAINAGE AND SEWERAGE.**—Clacton is well provided with sewers and drains, which were carefully laid originally, and every attention is paid to them; all houses, except those at Bocking's Elm and Castle Hill, are connected with the sewers, and all new building estates are connected with the system. The sewers discharge by two good outfalls well out to sea, so that nothing returns on the beach. There is also a storm-water sewer with its own point of delivery out to sea, which has been most useful in stopping the flooding of cellars, but only storm water is admitted to it. In the districts of Bocking's Elm and Castle Hill there are about 60 dead wells for the drainage of houses, and it is difficult for the occupiers of the houses to empty and keep them emptied, as the land around the houses is small, and I have been trying for some time to get it arranged that they should be emptied by the Council's men, but as yet have been unable to get it done.

(4.) **CLOSET ACCOMMODATION.**—All the houses in the new portion of Clacton are provided with water-closets with good flushes, and many have two or more. Careful inspection is made to see that the flushes are properly, and when the Inspector finds any deficient he has them attended to at once. Under the Housing Inspection this year 188 houses, all occupied by the working classes, were inspected and recorded, and they were all found provided with good water-closets and some of them had two. No new houses are built without proper water-closets and drainage being provided.

(5.) **SCAVENGERING.**—The house refuse is placed in portable iron ashbins with lids to them so as to keep out flies and wet, but there is great difficulty in getting the people to keep the lids closed; these are emptied and cleaned by the Council's own men, and the refuse taken out of the town by the Council's carts to a heap at a distance, where it is sorted and burned, so that it can be made use of to some extent. The street sweepings are taken away in the same manner. There is no doubt Clacton ought to have a proper destructor, and this has been talked of for some years. The few privies and pail-closets are emptied by the occupiers, as also some cesspools. Under the heading of Drainage I have commented on the emptying of cesspools.

(6.) SANITARY INSPECTION OF THE DISTRICT.—This is carried out by the Inspector and myself, and, as far as time permits, the Inspector carries out this portion of his work very well and reports nuisances as he finds them. When he finds anything needing my inspection, he informs me, but I am constantly about and endeavour to get faults remedied as soon as possible. The Inspector has much other work to do; he has charge of the Council's men, horses and carts, both in their work and in the stable, besides being Meteorological Observer.

I append the report of the Inspector of Nuisances:—

SANITARY INSPECTOR'S OFFICE,
TOWN HALL, CLACTON-ON-SEA.

January, 1915.

TO THE MEDICAL OFFICER OF HEALTH.

Dear Sir,—I have to report for your information that during the past year (1914) I have made 1,039 and re-visits in the district as follows:—

95 Workshops	113 visits.
9 Bakehouses	15 "
21 Dairies, etc.	15 "
5 Cowsheds	7 "
3 Slaughterhouses	12 "
Inspections under the Housing and			
Town Planning Act, 1909		188	
Ordinary routine inspections		689	

Notices to abate nuisances have been served as follows:—

Statutory Notices	12
Informal Notices	122

Housing and Town Planning Act, 1909:—

1. The number of dwelling-houses inspected under and for the purpose of section 17 of the Act	188
2. The number of dwelling-houses found unfit for human habitation	0
3. The number of representations made to the Local Authority with a view to the making of Closing Orders	0
4. The number of Closing Orders made	0
5. The number of dwelling-houses the defects of which were remedied without the making of Closing Orders	83
6. The number of dwelling-houses, which after the making of Closing Orders were put into a fit state for human habitation	0
7. The general character of defects found to exist were:—			
Defective fresh air inlets to drains,			
Defective ashbins,			
Dampness of walls,			
And floors and roofs needing attention.			

A. W. SHADICK,

Inspector of Nuisances.

(7.) PREMISES AND OCCUPATIONS WHICH CAN BE CONTROLLED BY BYE-LAWS OR REGULATIONS.—There are no offensive trades in the district and no large lodging-houses. Many of the houses are let in lodgings, but there are no bye-laws for them, and it has always been considered such would be inadvisable for the general class of house in Clacton. There are no cellar dwellings and no underground sleeping places. Such premises as might come under this section are dealt with by the Factory and Workshops Act.

(8.) SCHOOLS.—There are three elementary schools in the district, the sanitary condition of each of them is quite satisfactory, each has the Town's water laid on for all purposes, and they are drained to the Town's sewer. Every care is taken to prevent the spread of infectious disease, and children from infected houses are prevented from attending by an order issued by me under the local Act, which must be relieved by a subsequent certificate given by me, on application, free of charge, and I send notice to the schoolmaster. The medical inspection of the children is carried out by the School Medical Officer and his Assistants, who are appointed by the County Council. There are many private schools in the place but they are, in a measure, under control by the local Act, as, in the case of any infectious disease in the school, the principal, or person in charge, has to send me notice, and, if required by the Council, to furnish a list of the scholars attending the school with their addresses, and I have power to exclude any from the school.

(9.) FOOD. (a).—MILK SUPPLY.—There is a large local milk supply, there being 5 cowsheds in the place, they and the dairies (21) are kept under constant inspection, and are all clean and in good order. In the season, and at other times during the year, large quantities are brought from the surrounding country and from London, and even Somersetshire, into the district, so much so that I question if all milk sold as new milk is under twelve hours' milk. Samples of milk are now taken at odd times by the Inspector of the County Council, but I have no idea when, nor do I ever get any report from him. The local cows are generally healthy, and tuberculosis is seldom known among them, but if I have any suspicion of a cow being so affected, I have the power to call in a Veterinary Surgeon and have her tested with tuberculin.

(b). OTHER FOODS.—Inspection is kept over all places where food is prepared for sale, and of the sanitary condition of such places. All bakehouses, slaughterhouses, etc., are kept clean, and no carcase has been seized on account of tuberculosis and no animal has been suspected of suffering from the disease. No action has been taken under section 117 of the Public Health Act, 1875.

(c). SALE OF FOOD AND DRUGS ACT.—As I have stated, the inspection under this Act is made by the County Council's Inspector, but I receive no information as to his action.

(d). MILK AND CREAM REGULATIONS, 1912.—I regret that I cannot make use of the Order of the Board of Agriculture and Fisheries, but there being no local Public Analyst, and I am not allowed to take samples, it is impossible for me to take advantage of it.

HOUSING.—The usual careful inspection of houses occupied by the working classes has been made by the Inspector and myself, and we reported on 188 houses, and the Clerk has forwarded the intimation for such repairs as were needed. We found no houses unfit for human habitation, hence we asked for no Closing Orders, and none were made. Without making any Closing Orders, defects have been remedied in 83 houses. We found every house supplied with water from the Town's supply, and some had a tap direct off the main for cooking and drinking purposes, and all were drained to the Town's sewer; the conditions as to light are good in them all, and also the through ventilation; the back yards are not all paved, but we were able to arrange with some owners to have them done. The house refuse is collected in portable galvanized iron bins, which are taken away and emptied by the Council's men. Every house has a water-closet, and 17 of them have two. At 32 of the houses the mica-flap air inlet was found defective, at 13 ashbins needed attending to, at 8 the walls were damp, and at 50 slight repairs were required; 83 of this number (183) have been already attended to. I found no deficiency of houses for the working classes in Clacton, the rents are in many cases higher than the men can pay from their earnings, but in the season this is made up by letting. During the year 12 houses have been built, 5 being for the working classes.

WORKSHOPS, WORKPLACES, ETC.—These are constantly inspected by the Inspector, and all are in a satisfactory condition. The return required by the Home Office will be found at the end of this report, a copy of which has been sent to H.M. Secretary of State for the Home Department.

METEOROLOGICAL OBSERVATIONS are taken daily by the Inspector, who holds a special appointment for the purpose. He sends reports to the London Office twice every day. The expenses are paid by local subscriptions by means of the Traders' Association. I append the statement for the year:—

Highest corrected Barometrical reading, 30.590 inches, on 26th April, at 7 a.m.

Lowest corrected Barometrical reading, 28.660 inches, on February 22nd, 7 a.m.

Mean corrected Barometrical reading for month, 29.946 inches.

Mean maximum Temperature, in screen	56	
Mean Minimum Temperature	45	
Mean Temperature	51	
Mean Range	12	
Highest Temperature Recorded	78	August 25th.
Lowest Temperature Recorded	25	January 25th.
Dry Bulb Mean, 1 p.m.	54.2	
Wet Bulb Mean, 1 p.m.	53	
Mean Earth Temperature at 1 foot	51.3	
Mean Earth Temperature at 4 feet	52.3	
Mean Solar Maximum, in the open	103	
Highest Recorded	137	on July 16th.
Mean Grass Minimum	42	
Lowest Recorded	20	on January 24th.

RAINFALL.

Total Rainfall	22.04	inches.
Number of Days on which Rain fell	134	
Greatest fall in 24 hours	1.55	inches on July 15th

SUNSHINE.

Total bright Sunshine	1774.1	hours.
Number of hours on which the Sun shone	314	
Greatest amount in one day	15.1	hours on June 15th.

A. W. SHADICK.

C.—Sanitary Administration of the District.

1. STAFF.—The staff consists of the Inspector and myself and a Lady Health Visitor under the Notification of Births Act, 1907. For some years I have tried to get an increase of the staff, as in my opinion the Inspector is not equal to all the work put on him.

2. HOSPITAL ACCOMMODATION FOR INFECTIOUS DISEASES.—We are well supplied for this purpose, as we have a permanent Hospital for 17 beds, 7 of them being for scarlet fever in one block of two wards and a duty room, and in another block there are two wards of four beds each for diphtheria, and two small rooms which are useful for enteric cases, or when a private room is required. There are two permanent nurses, a ward-maid and a servant, with a man as gardener, who works the steam disinfecter. The Hospital is kept entirely for the district, and is much used, there having been 36 patients admitted during the year, while 45 cases were notified. Residents are admitted free except that they pay their own medical attendant, while the Hospital is administered and superintended by me. A small fee is charged for visitors, who also pay their doctor. The cases treated during the year were 28 of scarlet fever, 6 of diphtheria, and 2 of measles. The total cost of the Hospital during the year was £407 11s. 8d. and the income £109 6s. 6d., being £85 from the Essex County Council at £5 per bed, and £21 6s. 6d. for the maintenance of patients, with £3 for use of the land, so that the charge on the rates for each patient was £8 5s. 7d. for the year.

3. ADMINISTRATION OF LOCAL OR ADOPTIVE ACTS.—There is a local Act for Clacton which contains many powers and is of considerable help, and we have the Infectious Diseases Notification Act, the Infectious Diseases Prevention Act, and the Notification of Births Act in force.

4. CHEMICAL AND BACTERIOLOGICAL WORK DURING THE YEAR.—Every month I analyse a sample of the water brought from different parts of the district, and I am allowed to have a bacteriological examination when I consider it necessary. I have had three this year, and one of them was negative.

D.—Prevalence and Control over Acute Infectious Diseases.

All the infectious diseases which occurred during the year are noted on Table II., and this is the second year in succession in which we have not had a case of enteric fever. Scarlet fever has been the most prevalent disease, but of the 32 cases notified 9 were visitors. When a case of infectious disease occurs the doctor in attendance notifies me,

and no time is lost in getting full particulars of the case and its removal to Hospital unless the doctor certifies it is unfit for removal. It at times occurs that the parents do not send for the doctor soon enough, and it is possible that a slight case might be overlooked. I admit and discharge all patients at the Hospital, and do all in my power to prevent carriers and return cases. I exclude all children from infected houses from school under the local Act, and such excluded children cannot be received back in school without my relieving certificate, which I give free of charge on application. After the removal of the patient from the house the rooms are thoroughly disinfected by the Inspector by formalin spray and lamps, and the clothing and bedding by the steam disinfecter. I receive intimation of any sickness from all schools, both public and private, and any necessary investigation follows. In a few cases I have followed up with a bacteriological investigation, and, as I have stated, one case proved negative.

E.—Prevalence of and Control over Tuberculosis.

It will be seen by Table II. only 8 cases of pulmonary tuberculosis were notified during 1914, against 26 in the previous year, while there were 2 of other tubercular disease. Visitors suffering from such complaints swell the numbers, but they are not taken in the reckoning; of these there were 7. Three of the residents died. I always have the room occupied disinfected, but with visitors this is often difficult, as they come and go without my knowing. On receiving notification I visit and make inoffensive enquiries and send intimation to the County Tuberculosis Officer. He then takes care of the case. There is a nurse under the Tuberculosis Officer. No sanatorium has been provided by the sanitary authority.

F.—Investigation of other Diseases.

No prevalence of other diseases has existed, and there has been no case of rheumatism, and only one of diarrhoea and one of enteritis, and none of cerebro-spinal fever or poliomyelitis. Only four cases of pneumonia were certified, and they were of the bronchial kind. The weekly returns of deaths have not shown any excess of any one disease, and I have not heard of any syphilis or gonorrhœa. No outbreak of food poisoning has been heard of.

G.—Means for preventing Mortality in Childbirth and Infancy.

The administration of the Midwives Act lies with the County Medical Officer of Health, but, from the returns under the Notification of Births Act, which has been in force since April, 1911, I do not think a midwife is often employed, although I have occasionally found it. During the year there were 167 births notified; of these 5 were still-born, 5 died within a few days of birth, and 10 were illegitimate. We were rather disappointed in our Health Visitor, and now we have got a new one, to whom I give a list of the births during the week every Monday, and she visits and enquires. Nothing as yet has been done for the welfare of expectant mothers, but I hope to get some plan put in hand. I have found the Health Visitor most useful in getting the mothers to feed the child in the natural way, and there are nothing like so many bottles used. It will be seen by Table IV. that only 5 deaths under 1 year took place. Last year there were 10; in 1912, 14; and in 1911, 23. The Health Visitor reports to me every week.

H.—Vital Statistics of the District.

The population of the district at the census of 1911 was 9,777; and the estimated population to the middle of the year under review was 9,929. 125 deaths were registered in the district and 33 non-residents were transferred to outside, making 92, but 17 residents had to be added, bringing the total nett number to 109. The total death-rate of those registered in the district was 12.58 per 1,000 of the population, and the nett death-rate 10.8. The infantile death-rate, calculated at per 1,000 children born, stood at 29.7. The number of births registered as in the weekly returns of the Registrar, was 164, but the transference by the Registrar-General made the nett number 168. The nett birth-rate was 16.9 per 1,000.

Twenty-one deaths took place between 70 and 80 years and fifteen between 80 and 90. The various tables issued by the Local Government Board have been filled in and are attached to this report, and will give all information required.

Factories and Workshops Act.

162 inspections have been made by the Inspector of the factories, workshops and workplaces ; only 5 defects were found and all have been remedied. There are 77 in the district. The report issued by the Home Office is attached.

I have the honour to be, Gentlemen,

Your obedient Servant,

JNO. W. COOK, M.D



TABLE I.
Vital Statistics of Whole District during 1914 and previous years in the
URBAN DISTRICT OF CLACTON.

TABLE 2.

Cases of Infectious Disease notified during the Year 1914, in the Urban District of Clacton.

Notifiable Disease.	Cases Notified in Whole District						Total Cases Notified in each Locality.		Total cases removed to Hospital		
	At all Ages.	Under 1.	1 to 5.	5 to 15.	15 to 25.	25 to 45.	45 to 65.	65 and upwards.	Clacton.	Soldiers	
Diphtheria (including Membranous croup)...	7	...	4	3	4	6	1	4
Erysipelas	4	...	8	20	...	4	4
Scarlet Fever	1	1	...	25
Puerperal fever	32	1
Ophthalmia Neonatorum	1	...	2	5	1	...	2	...	2
Pulmonary Tuberculosis	2	2	2
Other forms of	8	1	...	1
Chicken Pox	...	2	...	2
Totals	58	2	8	29	3	11	1	4	48
									2	2	31

Isolation Hospital, Rush Green, Clacton-on-Sea.

Halstead, Ipswich, and Killing Holt Sanatorium.

TABLE 3.

Causes of, and Ages at Death during the Year 1914, in the Urban District of Clacton

Causes of Death.		Deaths in or belonging to, Whole District, at Subjoined ages.							Total Deaths in Public Institutions in the District.	
All Causes	Certified { Uncertified	All Ages.	Under 1 year.	1 and under 2 years	2 and under 5 years.	5 and under 15 years	15 and under 25 years	25 and under 45 years.	45 and under 65 years	65 and upwards.
Diphtheria and Croup	101	4	1	1
Influenza	7	1	1	...
Pneumonia	2	1	3
(Pulmonary Tuberculosis)	7	1	1	1	...
Tuberculous Meningitis	2
Other Tuberculous Diseases	2	1	2	1	...
Cancer, malignant disease	15	3	6	7
Organic Heart Disease	16	3	6	7
Bronchitis	5	1	1	5	2
Pneumonia (all forms)	4	1	2
Other diseases of respiratory organs	2	1	1	1	1
Diarrhoea and Enteritis	2	1	1	3	...
Cirrhosis of Liver	3	1
Nephritis & Bright's Disease	1	1
Puerperal Fever	1
Congenital Debility and Malformation, including Premature Birth	4	4
Violent Deaths, excluding Suicide	2	2	2	4	2	...
Other Defined Diseases	41	10	23	1
Totals	109	5	1	2	6	4	14	31	46	7

TABLE 4.
INFANTILE MORTALITY DURING THE YEAR 1914.
 Deaths from stated causes in Weeks and Months under One Year of Age in the Clacton Urban District.

Cause of Death	Total Deaths under 1 year.					
	1 Week Under	1-2 Weeks	2-3 Weeks	3-4 Weeks	1 Month under	1-2 Months
All Causes { Certified ...	4	4	...
Uncertified	5
Gastritis	1	...
Congenital Malformations	...	2	2	...
Premature Birth	...	2	2	...
					4	1
Totals	4

Deaths in the year { legitimate infants 168.
 illegitimate infants 6. } 5.

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH FOR THE
YEAR 1914, FOR THE URBAN DISTRICT OF CLACTON.

On the Administration of the Factory and Workshop Act, 1901, in connection with
Factories, Workshops, Workplaces and Homework.

1.—INSPECTION.

Including Inspections made by Sanitary Inspectors or Inspectors
of Nuisances.

Premises.	Number of Inspections	Number of Written Notices.
Factories	22	...
Workshops	98	...
Workplaces	42	...
Total	162	...

2.—DEFECTS FOUND.

Particulars.	Number of Defects.	
	Found.	Remedied
<i>Offences under the Factory and Workshops' Act:—</i>		
Want of Cleanliness	2	2
Other Nuisances	3	3
Insufficient Sanitary Accommodation	0	0
Sanitary Accommodation not separate for Sexes	0	0
Total	5	5

3.—REGISTERED WORKSHOPS.

Workshops on the Register.	Number.
Factories	12
Workshops	48
Workplaces	17
Total	77

4.—OTHER MATTERS

Class	Number
Underground Bakehouses	0

